

Name \_\_\_\_\_

## Boosting Your Confidence: Tips for Feeling Better About Yourself

### Multiple Choice Questions

1. What is positive self-talk?
  - A. Talking to others about your problems
  - B. Being critical and harsh to yourself
  - C. Being kind and encouraging to yourself
  - D. Avoiding talking to yourself
  
2. Why is setting realistic goals important for building confidence?
  - A. Small goals are boring
  - B. It's essential to have huge goals
  - C. Achieving small goals can boost confidence
  - D. Goals are not related to confidence
  
3. How should you view your mistakes?
  - A. As opportunities to learn and grow
  - B. As reasons to be hard on yourself
  - C. As something to hide from others
  - D. As a sign that you're not good enough
  
4. What is self-care, and why is it important for self-esteem?
  - A. It means taking care of others
  - B. It means ignoring your needs
  - C. It's about taking care of yourself physically and mentally
  - D. It's not related to self-esteem
  
5. Why is it important to surround yourself with supportive people?
  - A. So they can do things for you
  - B. To have someone to blame when things go wrong
  - C. To feel appreciated and build confidence
  - D. It doesn't matter who you spend time with

